

PASTURE AND PLENTY

DATE: JULY 12, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

Who is ready for some light and fresh summer flavors?! Three favorites – grilled chicken sandwiches, a basmati rice bowl, and beef and broccoli – filled with all of the local veg and flavors of summer. Don't worry, we're here to help make dinner a cinch on those nights when you're out a little too late enjoying some summer fun.



grilled chicken ciabatta melt
with sun dried tomato red pesto, arugula
and grilled zucchini



basmati rice bowl with tahini
dressing, pickled baby bok choy, and
roasted and shredded summer
vegetables



beef with broccoli
over brown rice



PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Madison Sourdough Co.

Raleigh's Hillside Farm

Winterfell Acres

Vitruvian Farms

Elderberry Hill Farm

Sartori Cheese

Crossroads Community Farm

Driftless Organics

Green Barn Farm

JenEhr Family Farm

EXTRA GOODNESS

oatmeal zucchini cookies

Store at room temperature, enjoy within 5 days.

Ingredients: Oats, zucchini, ap flour, brown sugar, butter, eggs, raisins, molasses, vanilla, cinnamon, baking soda, salt.

Contains: Wheat, dairy, egg.

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

grilled chicken ciabatta melt with sun dried tomato red pesto, arugula and grilled zucchini

PREP &
COOK TIME

20

MINUTES

IN YOUR BAG

Chicken Breast

Arugula

Sundried Tomato
Red Pesto

Mozzarella
Cheese

MSCo Ciabatta
Roll

Marinade

Zucchini

Pair with the
succulent and
tropical Hunky
Dory Sauvignon
Blanc or the crisp
Varsity Amber
from One Barrel
Brewing Company

- 1 Toss chicken with about half of provided marinade immediately before cooking or up to 8 hours ahead to time. Shake marinade before use to redistribute ingredients. Slice ends of zucchini and slice lengthwise, toss in remaining marinade 15 minutes before cooking.
- 2 Preheat grill (or skillet) for medium high heat and preheat broiler. Slice ciabatta buns in half.
- 3 Remove chicken and zucchini from marinade, season lightly with salt and pepper. If grilling, grill on hottest part of grill for 2 to 3 minutes, then move to cooler section and continue to cook. If cooking indoors, add splash of oil into preheated skillet and sear chicken for 2 to 3 minutes. After the initial cooking time in both cases, flip and cook for about 6 more minutes until internal temperature is at least 165°F. While chicken is cooking, grill or broil zucchini for 2 to 3 minutes per side, until nicely charred.
- 4 Toast buns on grill or under broiler. To assemble sandwich, spread red pesto on each bun, then place chicken and mozzarella on bottom bun. Put under broiler to melt cheese. Remove from oven, top with arugula and finally other bun. Serve alongside charred zucchini. Enjoy!

Mozzarella Cheese: Milk, acid, salt, water.

MSCo Ciabatta Roll: Flour, water, salt, yeast.

Marinade: Olive oil, red wine vinegar, shallot, garlic, thyme, chili flake, salt, pepper.

Sun-dried Tomato Red Pesto: Sunflower oil, olive oil, sundried tomato, red bell pepper, pepitas, basil, sarvecchio (milk, salt, enzyme, cultures), red wine vinegar, balsamic vinegar, salt, pepper.

Zucchini

Arugula

Chicken

Contains: Dairy, wheat, poultry.

② READY-TO-EAT

basmati rice bowl with tahini dressing, pickled baby bok choy, and roasted and shredded summer vegetables

Preheat oven to 400°F. Spread roasted vegetables in a single layer on a sheet tray, roast in oven until hot, 5 to 10 minutes.

Reheat rice in 30 second bursts in microwave until hot, stirring in between to encourage even heating.

Divide rice into bowls, top with shaved veggies, roasted veggies and pickled bok choy. Drizzle tahini dressing over everything. Enjoy!

Basmati Rice: Basmati rice, water, salt, bay leaf, chili de arbol, pepper.

Pickled Baby Bok Choy: Bok choy, soy sauce, water, sugar.

Roasted Sweet Potatoes, Mushrooms and Squash: Sweet potato, summer squash, oyster mushroom, canola oil, salt, pepper.

Shredded Carrot, Fennel, and Peppers: Orange carrot, purple carrot, green bell pepper, red bell pepper, fennel.

Tahini Dressing: Tahini, lemon, garlic, cumin, water salt.

Contains: Soy, sesame, mushroom.

③ FARM-TO-FREEZER

beef and broccoli over brown rice

See label for ingredients and reheating instructions.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm